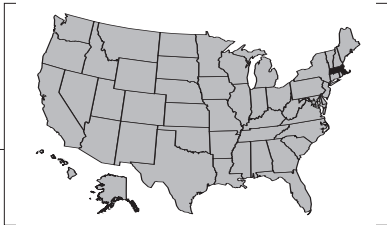


The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



Massachusetts

All statistics are based on parental reports.

| | National % | State % |
|--|-------------|-------------|
| Percent of children who are overweight | 14.8 | 13.6 |
| Age 10-11 | 21.9 | 20.1 |
| Age 12-14 | 14.4 | 12.2 |
| Age 15-17 | 10.7 | 10.7 |
| 0-99% Federal poverty level | 22.4 | 29.9 |
| 100-199% Federal poverty level | 19.0 | 23.9 |
| 200-399% Federal poverty level | 13.7 | 11.7 |
| 400% Federal poverty level or more | 9.1 | 8.5 |
| Male | 18.1 | 17.5 |
| Female | 11.5 | 9.4 |
| Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week | 71.3 | 67.6 |
| Age 10-11 | 78.2 | 69.9 |
| Age 12-14 | 74.2 | 75.3 |
| Age 15-17 | 63.3 | 58.0 |
| Male | 76.8 | 73.0 |
| Female | 65.6 | 61.6 |
| Percent of children who were on a sports team or took sports lessons during the past 12 months | 58.6 | 69.8 |
| Age 10-11 | 61.5 | 80.1 |
| Age 12-14 | 61.6 | 70.1 |
| Age 15-17 | 53.4 | 62.4 |
| Male | 62.1 | 73.8 |
| Female | 55.0 | 65.4 |
| Percent of children with at least one parent who exercises regularly | 72.9 | 75.8 |